

Household Commodity Fact Sheet

**ASPARAGUS, CANNED**

Date: April 2009

Code: A136

PRODUCT DESCRIPTION

- Canned asparagus is U.S. Grade A that is cut into tips and pieces.

PACK/YIELD

- Canned asparagus is packed in about 15 ounce cans, which is about 4 servings (½ cup each) after cooking and draining.

STORAGE

- Store unopened cans in a cool, clean, dry place.
- Store remaining opened asparagus in a tightly covered container not made from metal and refrigerate.
- Look at the “Best if used by” or “Best by” date on the package.
- For further guidance on how to store and maintain USDA Foods, please visit the FDD Web site at:
<http://www.fns.usda.gov/fdd/facts/biubguidance.htm>.

PREPARATION/COOKING

- Canned products are fully cooked, so it is safe to eat them without cooking.
- If heated, serve right away or refrigerate leftovers in a container not made from metal.

USES AND TIPS

- Serve canned asparagus heated, or use in a variety of main dishes, soups, and salads.
- Add flavor to canned asparagus by seasoning with garlic, dried basil, red pepper flakes, or lemon juice.

NUTRITION INFORMATION

- ½ cup of canned asparagus counts as ½ cup in the MyPyramid.gov Vegetable Group. For a 2,000-calorie diet, the daily recommendation is about 2 ½ cups of vegetables.
- ½ cup of canned asparagus provides about ⅓ of the recommended daily amount of vitamin C and 20% vitamin A.

FOOD SAFETY INFORMATION

- If the can is leaking or the ends are bulging, **throw it away**.
- If the canned food has a bad odor or liquid spurts out when the can is opened, **throw it away**.

OTHER RESOURCES

- www.nutrition.gov
- www.commodityfoods.usda.gov

NUTRITION FACTS

Serving size: ½ cup (121g) asparagus, canned and drained

Amount Per Serving

Calories	20	Calories from Fat	0
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% Daily Value*

Total Fat 1g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 350mg	14%
Total Carbohydrate 3g	1%
Dietary Fiber 2g	8%
Sugars 1g	
Protein 3g	

Vitamin A	20%	Vitamin C	35%
Calcium	2%	Iron	12%

*Percent Daily Values are based on a 2,000 calorie diet.

ASPARAGUS DIP**MAKES ABOUT 4 SERVINGS****Ingredients**

- 1 can (about 15 ounces) asparagus
- ½ cup salsa
- 2 cloves garlic, chopped
- 4 green onions, sliced
- 1 tablespoon cilantro, chopped (if you like)

Directions

1. Place the undrained asparagus in a pot. Bring to boil and cook 5 minutes, until tender but firm. Drain and rinse with cold water.
2. Place the asparagus, salsa, garlic, and green onions in a blender, and blend to desired thickness. If using cilantro, add that too. If not using a blender, mash with a fork until desired thickness is reached.
3. Refrigerate 1 hour, or until chilled, before serving.

Nutrition Information for 1 serving (½ cup) of Asparagus Dip					
Calories	40	Cholesterol	0 mg	Sugar	1 g
Calories from Fat	10	Sodium	400 mg	Protein	4 g
Total Fat	1 g	Total Carbohydrate	7 g	Vitamin A	130 RAE
Saturated Fat	0 g	Dietary Fiber	3 g	Vitamin C	36 mg
				Calcium	63 mg
				Iron	3 mg

Recipe adapted from Allrecipes.com, submitted by Peabody.

GARLIC ASPARAGUS**MAKES ABOUT 6 SERVINGS****Ingredients**

- 2 tablespoons vegetable oil (or olive oil)
- 1 can (about 15 ounces) asparagus, drained
- 3 cloves garlic, chopped

Directions

1. Heat oil in a large skillet over medium heat. Add the asparagus and garlic.
2. Cover and cook for 5 minutes, stirring often, or until asparagus is tender.
3. Serve immediately.

Tip

Use chopped onions instead of garlic.

Nutrition Information for 1 serving of Garlic Asparagus					
Calories	60	Cholesterol	0 mg	Sugar	1 g
Calories from Fat	40	Sodium	200 mg	Protein	2 g
Total Fat	5 g	Total Carbohydrate	2 g	Vitamin A	29 RAE
Saturated Fat	0.5 g	Dietary Fiber	1 g	Vitamin C	14 mg
				Calcium	14 mg
				Iron	1 mg

Recipe adapted from Allrecipes.com, submitted by Dartanyun.